



Childhood Obesity in San Antonio *...a Heavy Topic*

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METROPOLITAN HEALTH DISTRICT

Driving Healthy Eating in San Antonio Schools

Overview



- Child Demographic Data
- Adverse Childhood Experiences (ACEs)
- Metro Health's Approach

Child Demographic Data





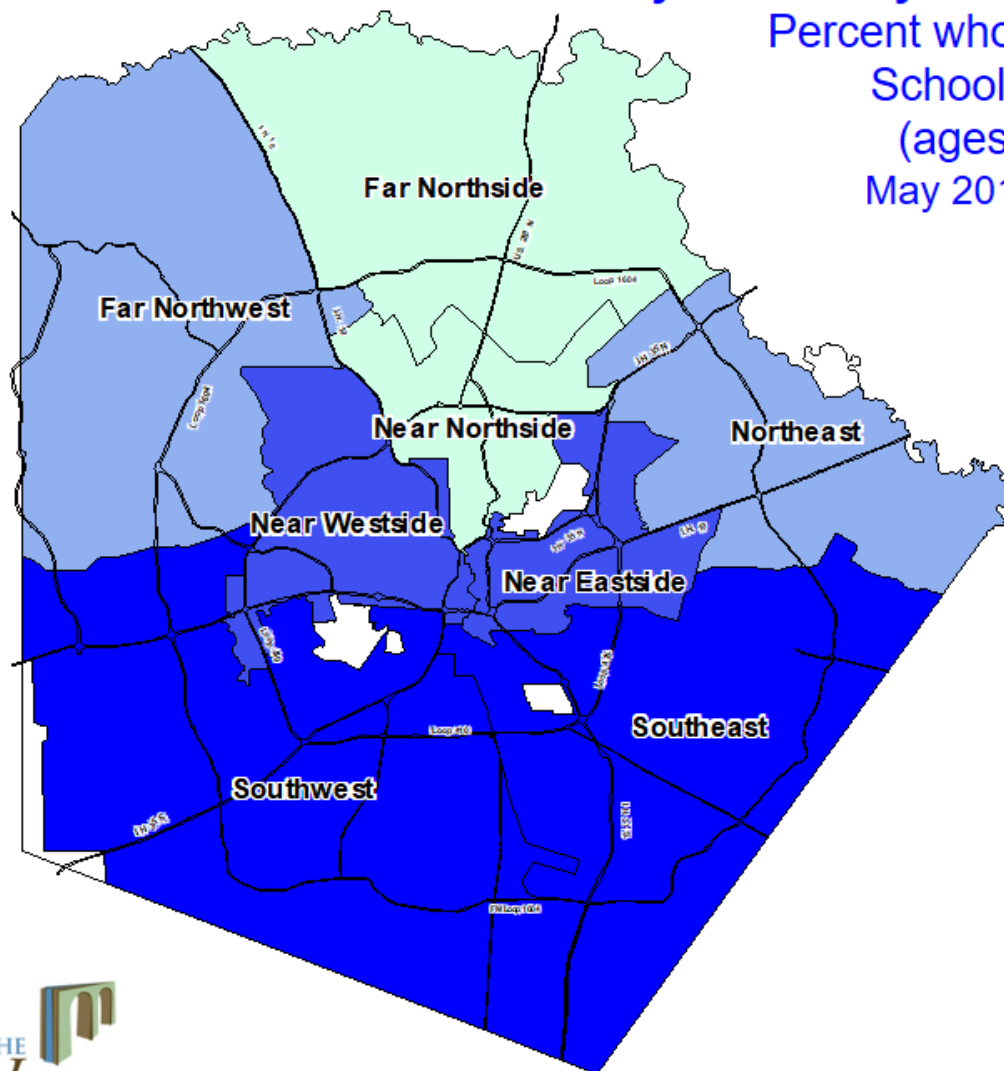
Did you eat any VEGETABLES yesterday?

Percent who responded 'No'

School-Age Youth

(ages 8-18 yrs)

May 2014-May 2017



Total n= 30,461

Responded 'No'= 10,023

- 39.1% to 40.5%
- 35.7% to 39.0%
- 30.9% to 35.6%
- 26.8% to 30.8%
- Not included



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How often do you drink soda?

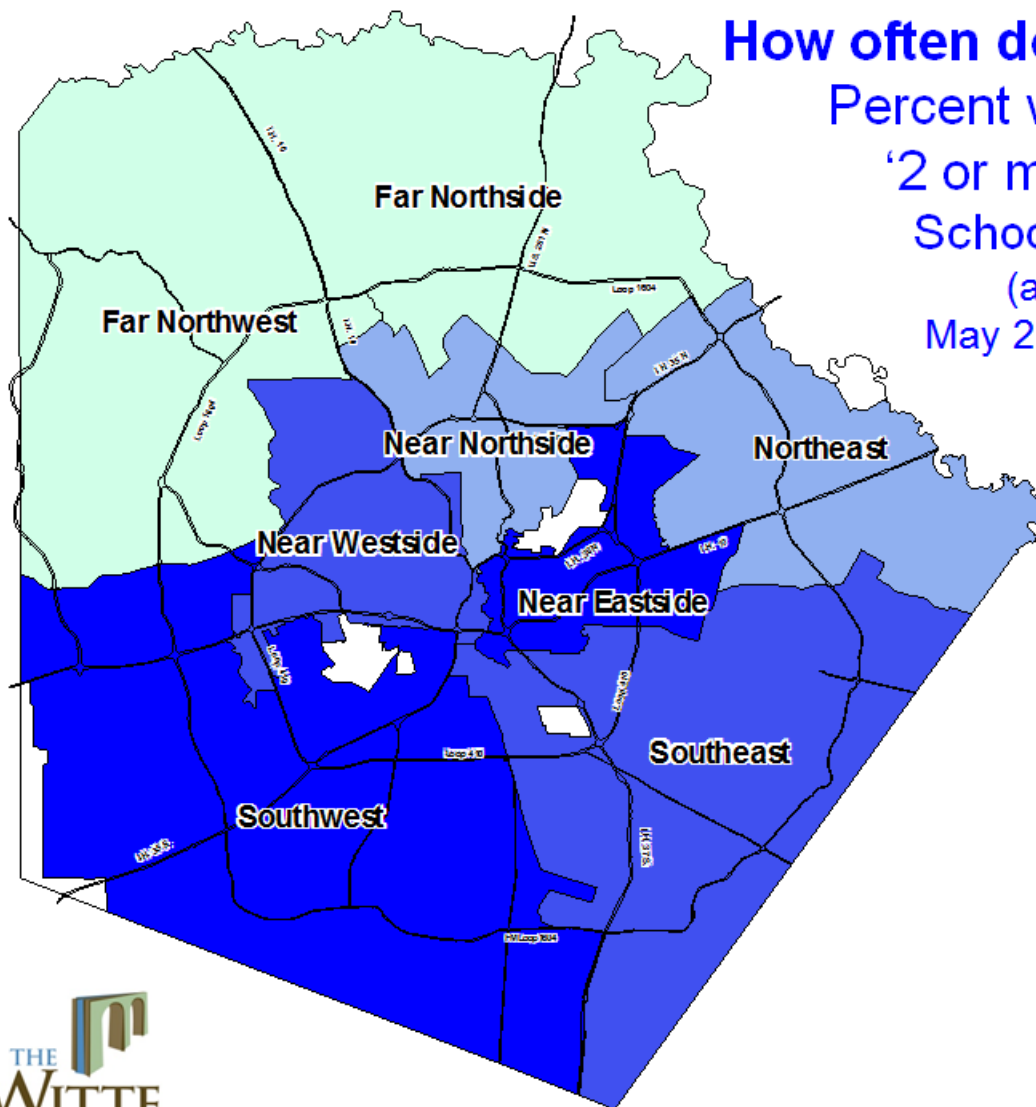
Percent who responded

'2 or more per day'

School-Age Youth

(ages 8-18)

May 2014-May 2017



Total n= 30,461

Responded '2+/'day'= 4,861

- 20.8% to 22.0%
- 19.9% to 20.7%
- 13.3% to 19.8%
- 11.3% to 13.2%
- Not included



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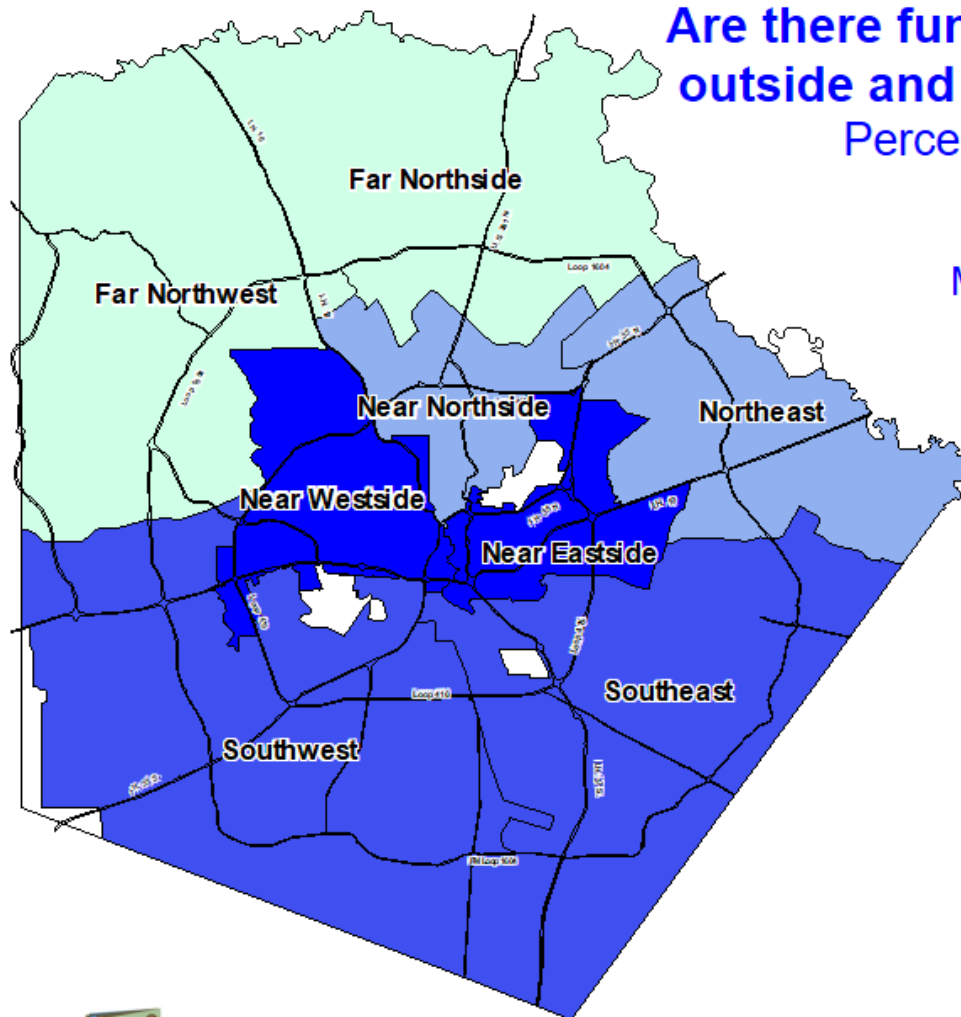
Are there fun, safe places for you to go outside and play near where you live?

Percent who responded 'No'

School-Age Youth

(ages 8-18 yrs)

May 2014-May 2017



Total n= 30,461

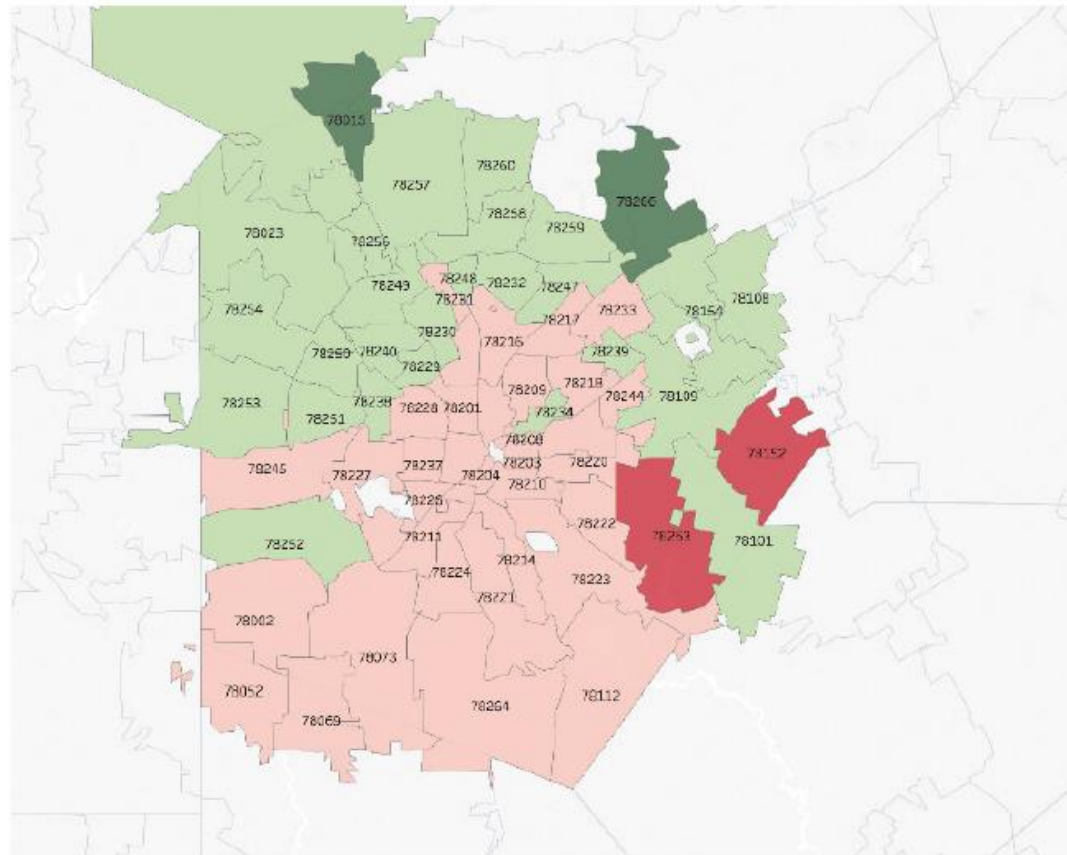
Answered 'no' n=3,146

- 13.3% to 14.1%
- 12.9% to 13.2%
- 9.3% to 12.8%
- 6.4% to 9.2%
- Not included



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Percentage of children in the obese category by zip code (2015) n= 114,406 children



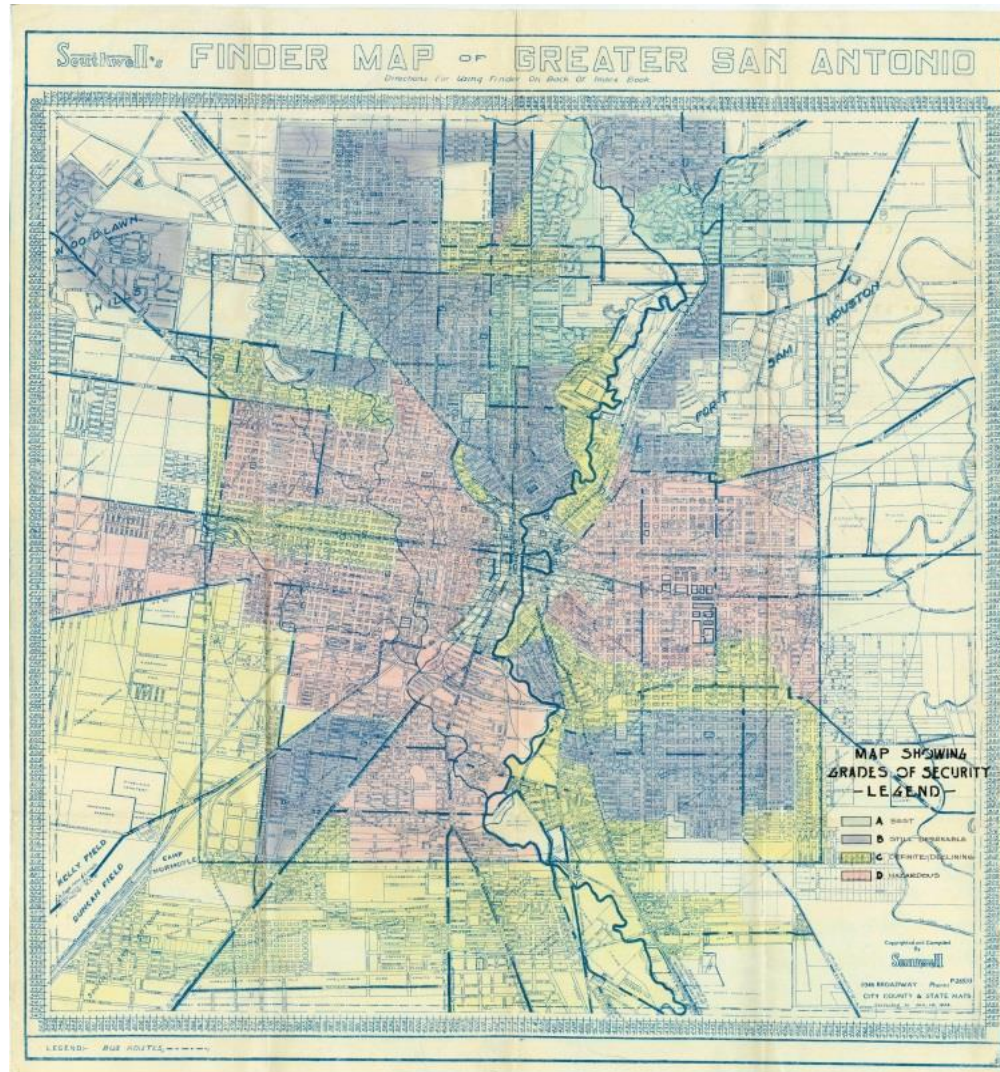
Percentage obese





Are Obesity Rates Declining?

The Role That Place Has on Health

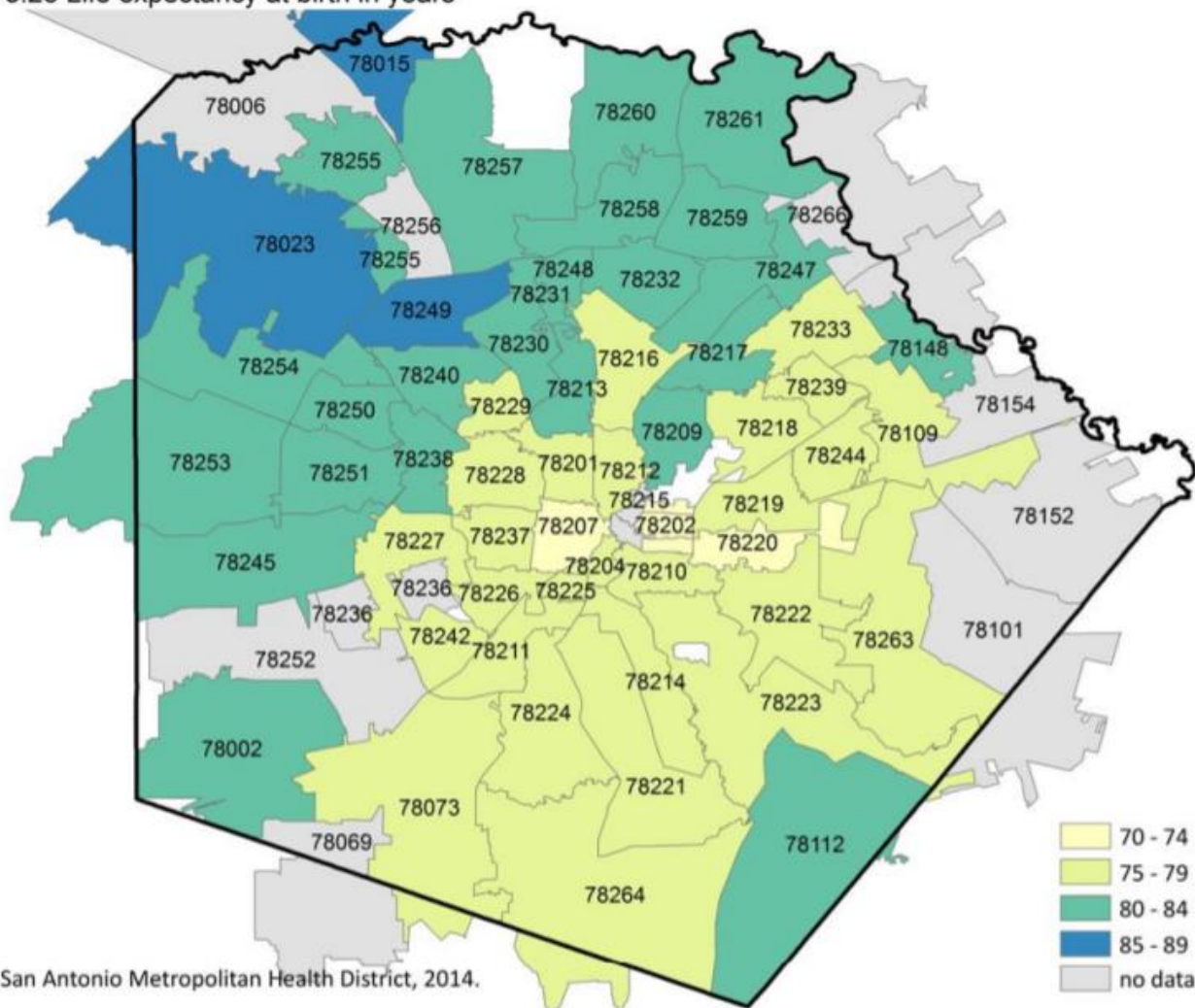


Driving Healthy Eating in San Antonio Schools



Life Expectancy by Zip Code

Figure 5.25 Life expectancy at birth in years



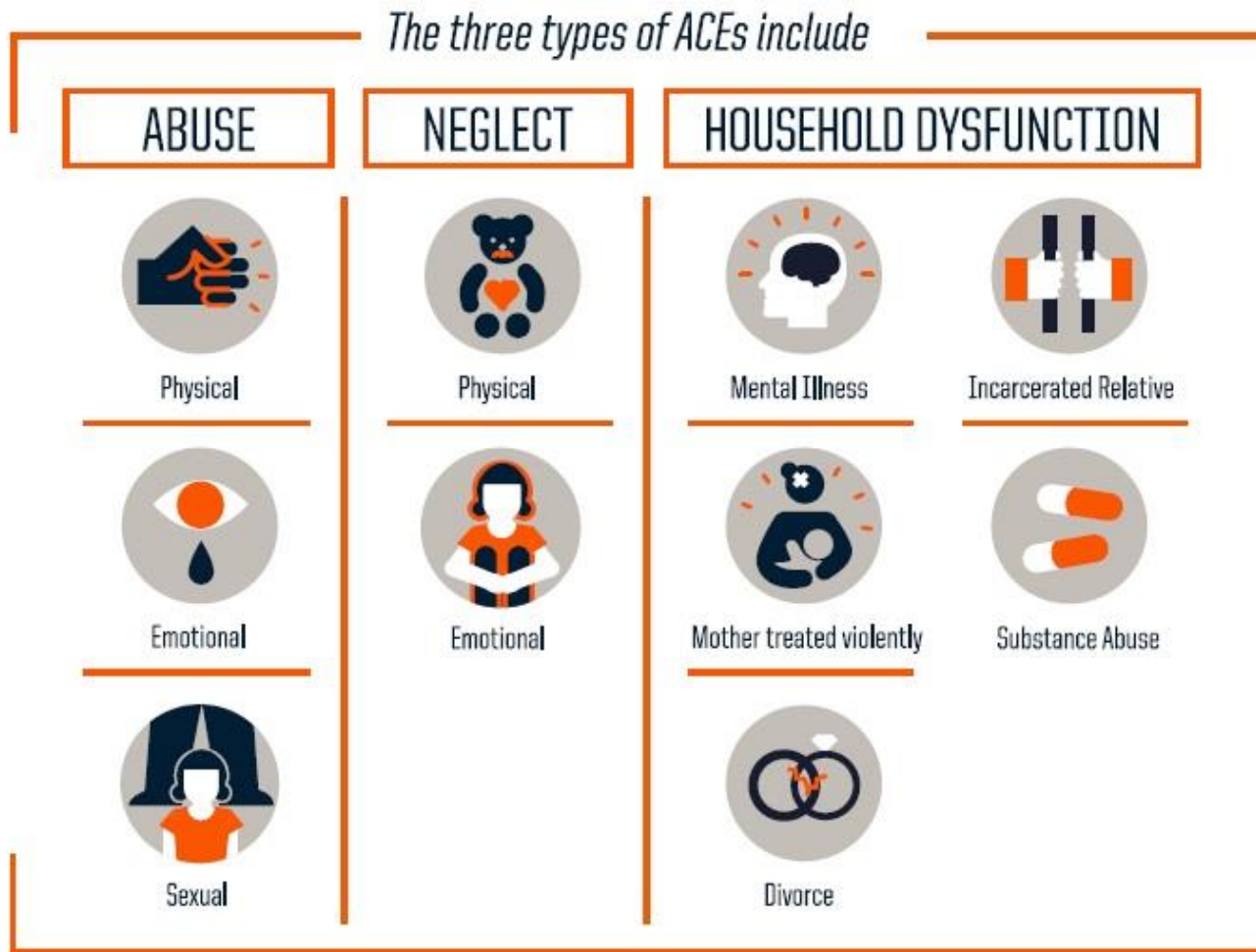
Source: San Antonio Metropolitan Health District, 2014.



Leading Cause of Death		Odds Ratio
1	Heart disease	2.2
2	Cancer	1.9
3	Chronic lower respiratory diseases	3.9
4	Accident	
5	Stroke	2.4
6	Alzheimer's	4.2
7	Diabetes	
8	Influenza and Pneumonia	
9	Kidney disease	
10	Suicide	12.2

Odds Ratios (CDC 2015, Felitti 1998)
Data: Nadine Burke Harris/Center for Youth Wellness

Adverse Childhood Experiences (ACEs)



Graphic: Robert Wood Johnson Foundation, rwjf.org/aces

ACEs Cause Toxic Stress



Positive Stress

(ex. getting a shot)
Brief. Part of healthy development



Tolerable Stress

(ex. death in family)
More severe.
Buffered by adult support



Toxic Stress

(ex. chronic neglect)
Strong, frequent
and/or prolonged
adversity, without
enough adult support



Graphic: kaboom.org

ACEs Have Broad Impacts



ACES can have lasting effects on....



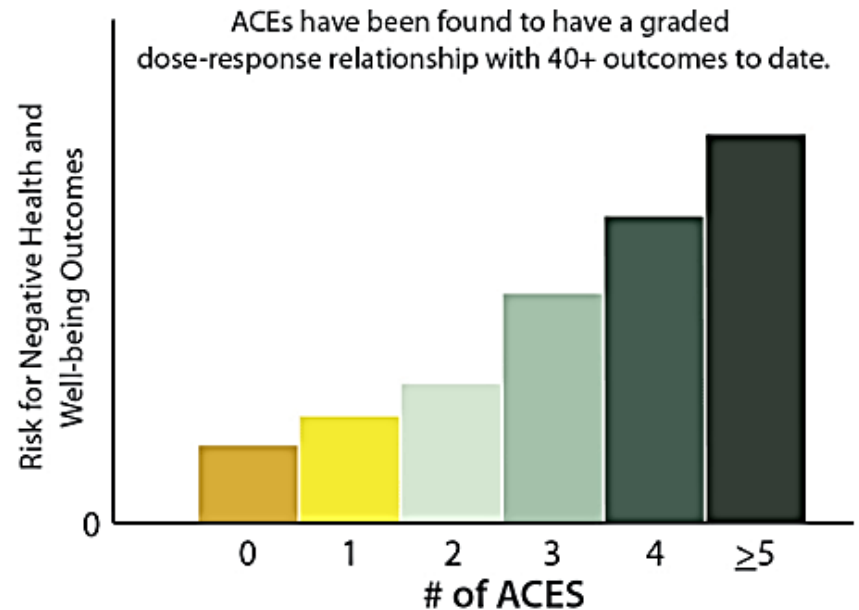
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



Graphic: Centers for Disease Control and Prevention

ACEs dramatically increase risk for 7 out of 10 leading causes of death



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Without intervention, there can be a 20-year difference in life expectancy

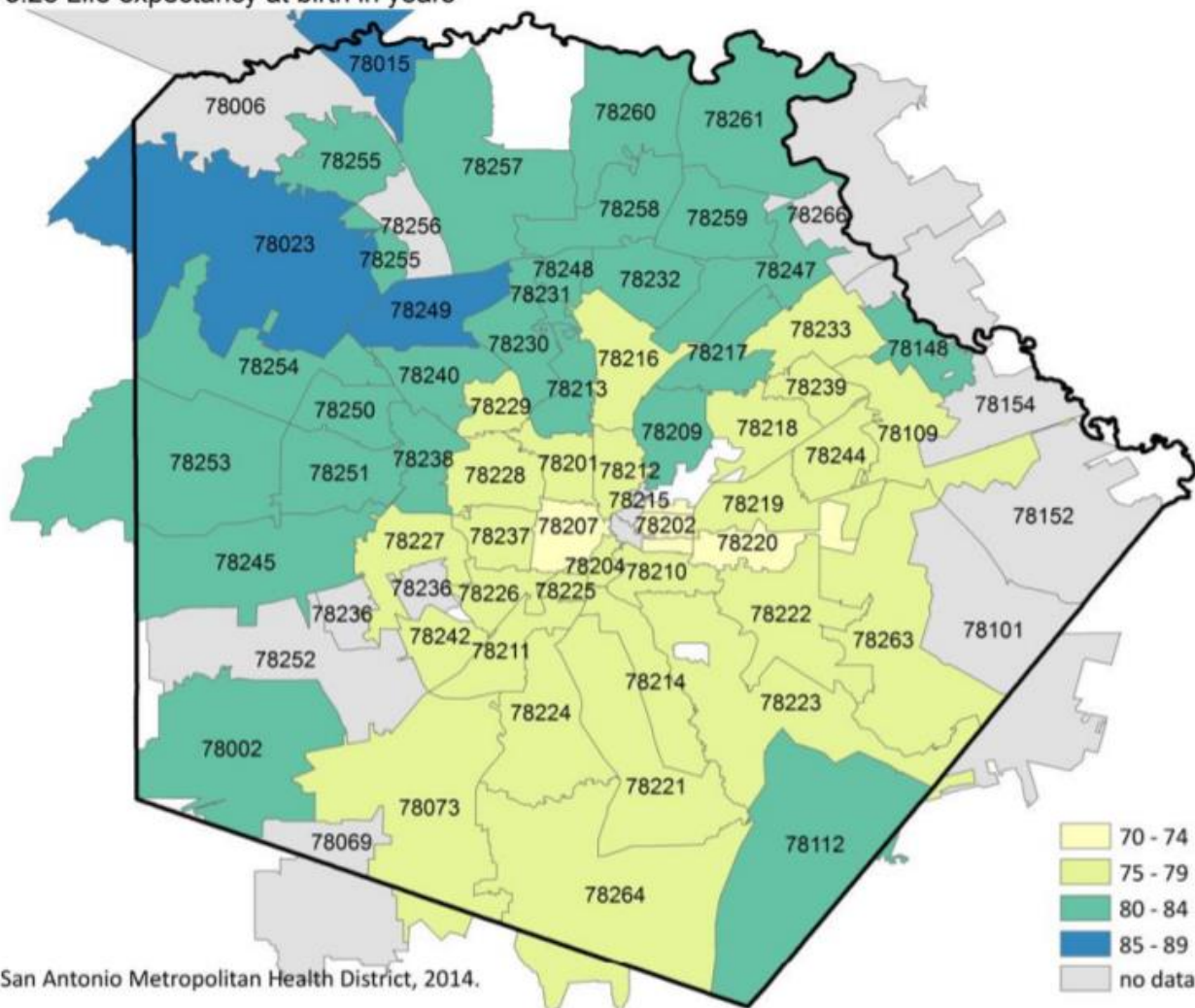
7	Diabetes	
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Life Expectancy by Zip Code

Figure 5.25 Life expectancy at birth in years



Source: San Antonio Metropolitan Health District, 2014.

Overcoming ACEs

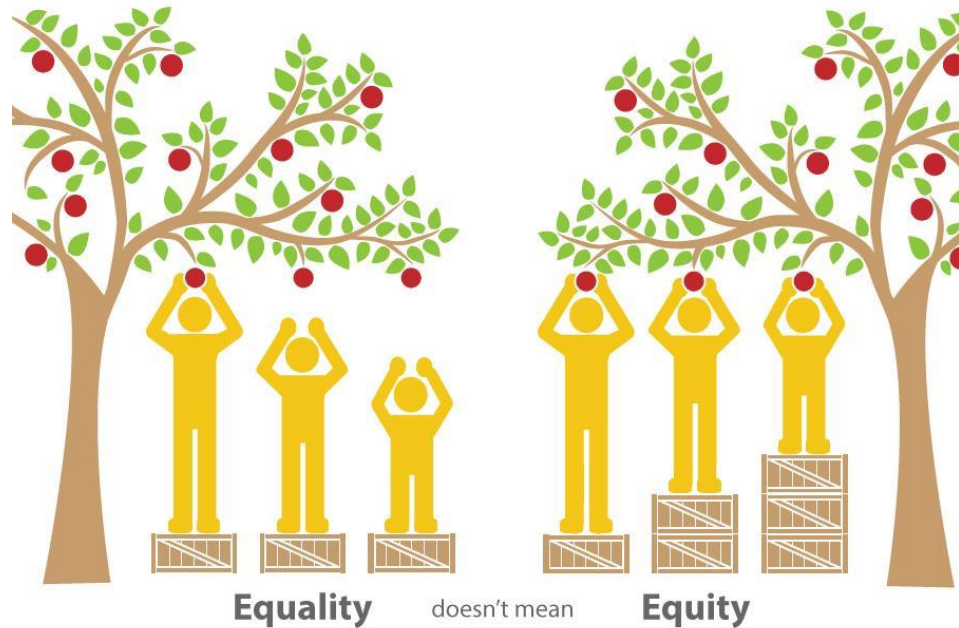


- **Good news:** Trauma-induced changes are reversible
- The brain is plastic, and the body wants to heal

*Trauma-informed care shifts the focus from:
**‘What’s wrong with you?’ to
‘What happened to you?’***



Metro Health's Approach



Driving Healthy Eating in San Antonio Schools

Healthy Neighborhoods Program



#1 Villarreal Elem.
Yvonne Ramirez



#3 Prospect Hill
Guadalupe Campos



#4 Edgewood
Joaquin Abrego



#5 Avenida Guadalupe
Jennifer Lopez-Garza



#6 Palo Alto
Vicente Escobedo



#11 Camelot
Lissette Rubio



#2 Five Points
Juan Lopez



#10 Denver Heights
Sulema Mendoza



#9 Highland Park
Nora Gonzales



#7 Villa Coronado
Nadia Gaona



#8 Mission San Jose
Anayanse Garza

Empowering Community to Mobilize for Change



Changing
Policy



Creating
environments that
support active
living and healthy
eating.



Empowering
People

Community Health Workers as:

- ✓ Connectors
- ✓ Health Educators
- ✓ Voices of the Community

Harvard CHOICES Project



**Early Care and
Education**

**Afterschool
Care**

- Research partnership with Harvard
- Number of children served
- BMI reduction
- Cases of obesity prevented
- Intervention costs/savings



Metro Health and CHEF Partnership



- Student Ambassador Program
- 10 Elementary Schools
- Implement CHEF Bites





Thank You



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